Upcoming Events

- **January 23**: Career and Counseling Services Workshop “Making the Most of a Job Fair”, SC 244, 7 p.m.
- **January 24**: Career and Counseling Services “Dealing with Stress and the Big “D”, SC 244, 7 p.m.
- **January 25**: WOW Fear Factor, UTOC, 8 p.m.
- **January 25**: CSA Full Board Meeting, 5 p.m., Dowell 225
- **January 26**: UMC hosts Knowledge Bowl
- **January 27**: Family Weekend
- **January 27**: Ag-Arama
- **January 27**: Hockey vs Lawrence University, 7:30 p.m.
- **January 28**: Ag-Arama
- **January 28**: Hockey vs Lawrence University, 2 p.m.
- **February 1**: UMC Job & Internship Fair, 9:30 a.m. - 2:30 p.m., Bede Ballroom
- **February 1**: Sex Signals, Bede Ballroom, 8 p.m.
- **February 1**: Men’s Basketball vs Upper Iowa, 8 p.m.
- **February 4**: Basketball vs Bemidji State, Women 6 p.m., Men 8 p.m.
- **February 6**: Blood Drive, Bede Ballroom, 10 a.m. - 3 p.m.
- **February 8**: CSA Full Board Meeting, Dowell 225, 5 p.m.
- **February 8**: Campus Showdown Students vs Faculty, Kiehle Auditorium, 8 p.m.

Fear Factor Wednesday, January 25

UMC Edition

Come out and watch as:
- Vanessa Houle
- Brittny Johnson
- Souda Rattanavong
- David LeTourneau
- Dion Turgeon
- Will Herdman

The winner will receive an Apple I-Pod, the Latest Version with Video Download Valued at $300.00. Events include:
- Mental Challenge
- Physical Challenge
- Obstacle Challenge

Wednesday, January 25, 2006 at 7:00 p.m. in UTOC

!!!!!!!!!!!!-Expect the Unexpected-!!!!!!!!!!!!

Deadline for SOS applications is February 1

SOS Applications are available at the Student Center Info Desk or from Kari Vallagher in Student Center 145G. The applications are due back by February 1. Completed applications can be dropped off at the Info Desk or with Kari

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Seasonal Affective Disorder or SAD

Seasonal Affective Disorder or SAD is different than major depression in that SAD is a cyclic type of depression that is usually experienced as the amount of daylight decreases and temperatures decrease. It can occur anytime from September through April, with December, January being the worst months.

Do you experience any of the following?
- Depression with a fall or winter onset
- Lack of energy
- Decreased interest in school or activities
- Change in appetite
- Carbohydrate cravings
- Social withdrawal
- Increased sleep, excessive daytime sleepiness
- Difficulty concentrating

If the answer is yes, then please seek assistance with the Career & Counseling Center, Suite 245 Student Center or 270 Owen, or Student Health, 145F Student Center. Although there is no cure for SAD there are many options available to help cope with it.

Please refer to the following web site from the Mayo Clinic for more information http://www.mayoclinic.com/ invoke.cfm?id=DS00195
Do you have any nice clothes sitting around? Bring them in for the SIFE clothing drive. The UMC SIFE team is collecting new and gently used business casual and business formal wear for our upcoming Employ America project. The clothing will be distributed to the less fortunate in the surrounding communities to help them secure jobs and make better lives for themselves.

Drop boxes will be located at the following places:
- Golden Eagle Grind Coffee Shop
- Care and Share
- Food shelf
- Hugo’s

So feel free to run home and grab a pair of those nice slacks you don’t fit into any more or that blouse you just don’t wear anymore and drop it off at the box near the coffee shop or any of the other following locations.
Brain Teasers
Jeremy Peterson is last week’s winner. Jeremy knew that the puzzle below on the left meant “Put it in Writing.” Jeremy can pick up his free movie pass from Meloni in 236 Student Center. Can you guess this week’s puzzle (below on the right)? If you think you know the answer, send an e-mail to melonir. A winner will be chosen from the correct answers. The winner will receive a free ticket to the Grand Theatre in Crookston. E-mail your answer to Meloni prior to noon on Thursday, January 26, 2006. The winner’s name will appear in the January 30 Eagle’s Eye.

![Puzzle](image.png)

Volunteer Opportunities
*Tutors* needed to assist 4th-7th graders at Crookston Public Library. Session runs Monday through Thursday, 3:30 – 4:30 p.m. You may volunteer one or more days a week. For more information, please contact Jan DeLage at 281-8685.

*Dr. Seuss Birthday Party at Washington Elementary School, Thursday, March 2:* The Office of Service Learning is sponsoring an event encouraging parents to read to their children. We are looking for a LOT OF HELP for this fun project! We need clubs to help set up and clean up, sponsor craft booths, read to children, and help with activities as needed. Please contact Lisa if you are interested in helping or sign up in her office.

*National Youth Service Day:* National Youth Service Day (NYSD) is the largest service event in the world, mobilizing millions of young Americans to identify and address the needs of their communities through service. Please join youth groups in the community to combine efforts to complete several beautification projects in Crookston! We will meet Saturday, April 22, at 9:30 a.m. at the Crookston High School commons and plan to finish by noon. To participate, please email Lisa Loegering, or sign up in her office.

*Three times a year we are asked to assist a very worthwhile program, Meals on Wheels.* Our next week to deliver meals is February 20-24. Meals need to be picked up at the Education Entrance of RiverView Hospital at 11:30 a.m. The deliveries usually take about 30 minutes. You can expect to be back at UMC by 12:15 p.m. If you aren’t all that familiar with Crookston, don’t worry! You are provided with a map and very specific directions. Grab a friend to help navigate!

*Volunteers are needed to help with the “Boxes and Walls” interactive museum.* We need help with constructing props and role playing. For more information, please contact Francine Olson at 281-1343.

*National Youth Service Day:* The Early Childhood Family Education (ECFE) program is looking for a volunteer to help in the classroom on Tuesdays from 9:30 – 11:00 a.m. with children ages birth to five years. For more information, please contact Denice Oliver at 281-2762.

*Help is still needed on the Habitat for Humanity House. If you club or organization would like to volunteer or you are an individual looking to volunteer please contact Lisa Loegering*.

Classified Ads

If you would like to include an ad in the classified section of the Eagle’s Eye, e-mail your request to melonir or drop your ad off in 236 Student Center. Ads will be included in the Eagle’s Eye FREE of charge to students, faculty and staff. Ads will be included on a first come first served basis. Ads will run for two weeks if space allows. We reserve the right to reject any ads.

Publication Information
The Eagle’s Eye is published by the Student Center weekly September through May. Copy deadline is noon on Thursday of each week. Please send items for the Eagle’s Eye electronically to Meloni Rasmussen, Senior Administrative Specialist, at melonir@umcrookston.edu, or drop the copy off at the Student Center Info Desk. Disability accommodations will be provided upon request for all events. The University of Minnesota is an equal opportunity educator and employer. The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.